

## RECIPE CARD

# Kenya & Tanzania: Ugali with Sukuma Wiki

*This traditional East African dish consists of a cake-like dish (ugali) served alongside sautéed greens (sukuma wiki) seasoned with onions, tomatoes, and spices. You may also add chicken or minced beef.*

### INGREDIENTS:

#### **Ugali**

2 cups white  
maize flour  
(preferably PAN)

4 cups water

2 tsp salt

#### **Sukuma Wiki**

1 tbsp cooking oil

2 white onions

3 cloves garlic

4 tomatoes or 1 can  
chopped tomatoes

18 oz kale

1 tbsp curry powder

1 tbsp or 1 cube  
bouillon powder

2 tsp salt

1 tsp ground  
black pepper

### DIRECTIONS:

Boil the water in a saucepan or kettle. In the meantime, mince the garlic cloves and dice the tomatoes and onions.

Heat up 1 tbsp of cooking oil in a large skillet and add the onion and garlic.

In a saucepan, add the boiled water, maize flour, and 2 tsp of salt. With a wooden spoon, stir the mixture and try to get rid of all the lumps. Once properly mixed, turn the heat to low and cover for about 15 minutes until it thickens.

Once the onions and garlic are cooked through, add the diced tomatoes to the skillet pan. When the tomatoes have softened, add the curry spices, bouillon powder, salt, and pepper.

Add the kale and let it cook for 10 minutes until the kale softens. Serve and enjoy!